How to Lose Weight Fast - 3 Handy and Practical Diet Tips to Lose Weight Fast

Want to know how to lose weight fast?

Before you dive into any training regimen to **lose weight fast**, knowing what the BIGGEST cause of obesity is a crucial first step.

And that is (drum rolls please) - LAZINESS. So is that to say that every overweight person is lazy? In a word, YES. And I have history to back that up and you better believe if ever you're going to lose weight fast!

Think about it: decades back when everything is done with bare hands, manual labor helped people burn a lot of calories. They don't need to set a time for exercise...they just have to do their daily thing and they'd lose those unwanted pounds.

No wonder only a handful of people suffered from obesity.

Fast forward today - we have all sorts of gadgets to make doing things convenient for everyone.

Personal computers, mobile phones, cars, refrigerators, etc - technological advancements have made our lives way easier BUT in turn has made us LAZY! This is the reason why an increasing number of adults and kids alike are suffering from obesity!

So how will this realization help you lose weight fast?

You sure don't have a time machine you can use to travel back when you could lose weight fast.

BUT by setting a time to exercise and sweat PLUS some handy and practical diet tips on how to lose weight fast, you can shed those dangling and ugly fats.

Diet Tips On How To Lose Weight Fast 1

Sodas and colas are BIG no-no's! They're jam-packed with calories and sugar that will soon accumulate as fats.

Instead, settle for water. It's NOT only essential for healthy living BUT to **lose weight fast** as well. By drinking 8 glasses of water a day, you flush out harmful toxins and BOOST your metabolic rate which is essential to lose weight fast.

Not to mention by drinking water, you will consume less food than you would normally.

Diet Tips On How To Lose Weight Fast 2

Next on our tips to lose weight fast is to eat watery fruits.

Why settle for juicy fruits with 90% water content?

Here's why: Fruits like watermelons can be digested in a snap! Not to mention you won't gain pounds since it's mostly water and can be flushed out of your body in no time.

Now that's NOT to say that you should drink a lot of artificially-made and packed fruit juices.

Even the so-called '100% natural' fruit juices are made with TONS of harmful preservatives and sugar that will make you gain weight faster than you could say: "Lose weight fast!"

Diet Tips On How To Lose Weight Fast 3

Fiber-rich foods are your best friends.

Chances are cutting down on your diet won't be very easy for you as your body is accustomed to pounds and pounds of food. Limiting your meal to a few bits and pieces will make reducing your food intake an unbearable ordeal.

Get this: fiber-rich foods take more time to digest, which means you won't feel hungry often. They'll fill you quicker than carbohydrate-rich meals.

PLUS they'll release calories very SLOWLY, and that means you won't gain a lot of weight and of course you would lose weight fast.

Steven is a long time health and fitness enthusiast and has been involved in diet, weight loss and exercise since 2002.

If you're looking for valuable and practical tips, tricks, and secrets about weight loss & fitness, so that you can loss weight naturally and rapidly to enjoy a healthier and happier life, do visit [http://www.tipsforfastweightloss.com]

Learn my most recommended method to lose weight fast

Article Source: http://EzineArticles.com/1209533